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## **Recommendations for the new Coronavirus (SARS-CoV-2)**

### **Federal Council recommendation:**

Stay at home, especially if you are old or sick. Unless you have to go to work and cannot work from home; unless you need to go to the doctor or pharmacy; unless you need to shop for groceries or help someone.

The Federal Council and Switzerland are counting on you!

## **What else can you do?**

Those who do not yet suffer from symptoms that could come from the new coronavirus can take other preventive measures in addition to the recommendations of the authorities.

I give you a few tips:

How do you protect yourself from false information regarding the new corona virus?

Check with official websites, such as that of the **Swiss Federal Office of Public Health.**



Schweizerische Eidgenossenschaft  
Confédération suisse  
Confederazione Svizzera  
Confederaziun svizra

<https://www.bag.admin.ch/bag/en/home/krankheiten/ausbrueche-epidemien-pandemien/aktuelle-ausbrueche-epidemien/novel-cov.html>

Watch my video on YouTube with the most **important recommendations** from the Swiss Federal Office of Public Health.



German

<https://youtu.be/STyHB1Bvg2s>

English

<https://youtu.be/ksZhTvab9-0>

Spanish

<https://youtu.be/1MwmMNxpElU>

French

<https://youtu.be/juca0aHHueI>

Italian

<https://youtu.be/u5Qz96AAxFM>

What else do you have to pay attention to with regard to the new corona virus?

What the corona virus does not like, because it affects its enveloping lipid layer (fat layer):



Alcohol: It is an essential component in disinfectants or cough syrups.



Vinegar: Vinegar essence works reliably and naturally against viruses and bacteria. It is therefore well suited as a cleaning agent. Also for serving salads or pickling raw vegetables.



Heat, 60 degrees Celsius or more: Hot water when cooking. Hot air when baking. Also effective in dishwashers, washing machines and tumblers.

What else the Corona Virus doesn't like:

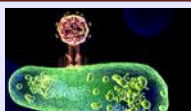


Soap: Washing with water and soap does not kill viruses, but removes them and is the easiest way to protect against many contagious diseases.



Loneliness: If there are no living things nearby, the viruses are rendered harmless at room temperature within 9 days. At very low temperatures, however, they may survive for several months or even longer.

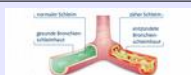
What the virus likes, because it improves its reproduction:



Body cells: The virus needs body cells to be able to reproduce.



Inflammation: Inflammation in the body, especially in the respiratory tract.



Mucus: Viscous mucus in the body, especially in the respiratory tract.

# What are the simple home remedies that work, in addition to what the authorities advise?

## My very personal tips.



Gloves: At the moment, I only leave the apartment with disposable plastic gloves. Before I enter the apartment again, I take them off and dispose of them in the trash can.



Air out the room: I air the apartment regularly. This reduces the virus concentration inside.



Drink a lot: I generally drink several liters of water and tea a day. This helps the body to thin the mucus and avoid high virus concentrations.



Nose and mouth care: I make sure that the nose remains able to breathe. At the first signs of inflammation, I dilute 1/4 of the contents of a bag of the drug Neo Citran with hot water. In addition, I rinse my mouth with vinegar and drink the tea as warm as possible. If that doesn't help, I use nasal spray.



No smoking: smoking promotes the formation of tough mucus. These are optimal conditions for viruses to multiply.



Cooking food: If possible, I only eat cooked or heated food. After 10 minutes in boiling water, the viruses are rendered harmless.



Vinegar for raw food: Rinsing with cold water is not enough for raw vegetables, herbs or salads. That's why I pour a little vinegar over these edibles.



Don't touch new purchases: I have a small reserve of durable food. I only touch new groceries in the apartment after they have been in the shopping bag for a week. For me, these are in particular sauerkraut, pasta, tomato concentrate, bouillon cubes, hash browns, dried beans, durum wheat, chocolate, nuts, muesli, snacks, potatoes, apples and part-baked bread. For packaged fresh produce such as salads, yogurts or cheese, I wash the packaging with some soapy water before I put it in the fridge.